

Evaluation Of The PHBS Program In The Work Area Of Kobakma Public Health Center, Central Mamberamo Regency In 2021

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Abstract: This study has a general purpose to find out how to evaluate the PHBS program in the work area of the Kobakma Health Center, Mamberamo Tengah Regency in 2021. As well as the specific purpose of analyzing family knowledge of using latrines in the work area, analyzing family knowledge of exclusive breastfeeding, analyzing family knowledge of weighing babies every day, months, analyzing family knowledge of washing hands with soap, analyzing family knowledge about delivery assistance by health workers, and analyzing family knowledge of consuming fruit and vegetables in the Kobakma Health Center work area, Central Mamberamo Regency in 2021. In this study using data collection techniques, namely observation, interviews, documentation, and triangulation. The results of this study indicate that almost all informants use the cemplung type of latrine. While there was 1 informant who did not have a latrine, all of the informants gave exclusive breastfeeding, that most of the informants weighed the babies. Meanwhile, other informants said that they sometimes weigh babies, that in general, the community in the working area of the Kobakma Health Center, Mamberamo Regency is already washing their hands every day, most of the informants carry out safe deliveries, and most of the informants eat fruit and vegetables.

Keywords: PHB Program Evaluation, Health

I. INTRODUCTION

According to WHO in the latest data in 2011, every year around 2.2 million people in developing countries, especially children, die from various diseases caused by lack of safe drinking water, poor sanitation and hygiene. There is evidence that adequate sanitation services, safe water supplies, waste disposal systems and hygiene education can reduce mortality from diarrhea by 65% and other diseases by 26%. Based on the data above, it can be said that the role of PHBS in the basis of health sciences plays an important role in tackling diseases that can arise in the future. Therefore, the role of the government,

health officers and the community is to be more active and proactive in implementing and implementing PHBS strategies in various settings. households, schools, workplaces, health facilities and public places, for healthier public health.

The Ministry of Health of the Republic of Indonesia (2010) reported that the percentage of households with Clean and Healthy Living Behavior (PHBS) nationally was 48.48%. Provinces with the highest percentages were Central Java (88.57%), DI Yogyakarta (87.38%) and East Kalimantan (79.73%). Provinces with a low percentage of PHBS are West Sumatra (17.97%), Banten (21.37%) and West Papua (27.34%). Community behavior in washing hands after

defecating 12%, after cleaning the feces of infants and toddlers 9%, before eating, before feeding babies 7%, and before preparing food 6%, household drinking water management behavior shows 99.20% boiling water to get drinking water, but 47.50% of the water still contains *Escherichia coli* (Depkes RI, 2010).

The results of Riskesdas 2010 nationally, the population that has met the criteria for good PHBS is 38.7%. There are five provinces with achievements above the national rate, namely DI Yogyakarta (59.4%), Bali (53.7%), East Kalimantan (52.4%), Central Java (51.2%), and North Sulawesi (50.4%). Meanwhile, provinces with low PHBS achievements were Gorontalo (33.8%), Riau (30.1%), West Sumatra (28.2%), East Nusa Tenggara (26.8%), Papua (24.4%) (Depkes RI, 2011). PHBS coverage for households is based on research in 2013 where the national target is 70%, but the reality is PHBS coverage in Papua is still 16.4%.

II. SUBJECT AND RESEARCH METHODS

The type of research used in this research is a qualitative research type with a descriptive approach. Informants in this study included the Head of Service, Head of Executor & Person in Charge at the Health Promotion Program Section of the Health Center, the Health Service in the working area of the Kobakma Health Center and the community in the working area of the Kobakma Health Center, Central Mamberamo Regency.

This research was conducted at the Kobakma Health Center, Central Mamberamo Regency. The time of the research takes place from October - November 2021 with stages starting from submitting titles, determining supervisors, consulting research proposals, research proposal seminars, research implementation, data processing, results seminars and closing sessions.

In this study, the authors chose the type of qualitative research, the data that must be obtained must be in-depth, clear and specific. In this study, the authors used a data triangulation technique, namely by combining 3 (three) data collection techniques (observation, interviews, and documentation). There are 3 steps in data analysis, namely data reduction, data display, and data verification.

III. RESULTS AND DISCUSSION

USE OF LATRINE

Based on the results of the research, it is known that almost all of the informants use the *cemplung* type of latrine. Meanwhile, there is 1 informant who does not have a latrine. The availability of healthy latrines in every resident's house is one of the efforts to improve the health status of the community which in turn will increase the life expectancy which is targeted to reach 72 years. Knowledge of the use of latrines by the community has attracted the attention of various groups, both the government and the community, because knowledge of using latrines indiscriminately can cause a number of diseases, especially if the water source is close to the final disposal of feces.

EXCLUSIVE BREASTFEEDING

Based on the results of research conducted at the Kobakma Health Center, Central Mamberamo Regency, it was found that all informants gave exclusive breastfeeding. The results of the researchers' observations while distributing questionnaires at the Kobakma Health Center, Central Mamberamo Regency, showed that the people at the Kobakma Health Center, Central Mamberamo Regency all knew that breast milk was an ideal source of nutrition with a balanced composition and adapted to the growth needs of babies, all knew that breast milk as a single food would be enough to meet the growing needs of normal babies up to the age of 6 months.

BABY WEIGHING

Based on the results of the study, the enthusiasm of the community was quite high, which could be seen from the comparison of the number of children under five who were weighed with the number of existing children. The higher the participation of infants or toddlers who weigh, the more data depicting their nutritional status. The level of participation can be influenced by several things, one of which is the work factor.

WASHING HANDS WITH SOAP

Based on the results of the study, it is known that in general, the people at the Kobakma Health Center, Mamberamo Regency, have been washing their hands every day, but have not washed their hands properly, in the sense that how to wash their hands and when to wash their hands is not optimal. Even though the knowledge of proper hand washing and doing it every day has a big positive impact, especially in disease prevention. The habit of not washing (before preparing food, before eating, after defecating, after coming from the fields/gardens/after the children have played with the soil) and/or improper hand washing (washing hands with water in a *kobakan* which is usually used in a crowd, washing hands) hands without using soap, it can cause disease transmission, especially diseases transmitted through water and the environment.

DELIVERY ASSISTANCE BY HEALTH WORKERS

Based on the results of research at the Kobakma Health Center, Central Mamberamo Regency, most of the informants had a safe delivery. Meanwhile, other informants did not give birth safely.

CONSUMING FRUITS AND VEGETABLES

Based on the results of the study, it is known that most of the informants consume fruits and vegetables. There are also informants who say that they only eat vegetables but rarely fruit. While the other informants do not eat fruits and vegetables.

IV. CONCLUSIONS

It is known that almost all of the informants used the *cemplung* type of latrine. While there was 1 informant who

did not have a latrine, all of the informants gave exclusive breastfeeding, most of the informants weighed the babies. While the other informants said that sometimes they weighed babies, in general, the community in the working area of the Kobakma Health Center, Mamberamo Regency was already washing their hands every day, but had not washed their hands properly, most of the informants had safe deliveries, and most of the informants eat fruit and vegetables, there are also informants who say that they only eat vegetables but rarely eat fruit. While the other informants do not eat fruits and vegetables.

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